Tuesday September 27th, parents and faculty piled into Saint Matthew’s Church to view the movie *A Race to Nowhere*, this film presenting the viewpoints of parents, doctors, and students on the amount of homework and stress placed on students daily.

Almost all the parents in *A Race to Nowhere* said that they just want what is best for their children and feel the need to push them.

In the movie, experts explained that getting into a school is like “threading yarn into a needle” because competition is so intense. Because of the competiveness, many students suffer from stress-related illnesses and depression. Others resort to cheating and some even commit suicide.

Although parents put enormous stress on teenagers, homework plays a huge part as well.

Students in the movie talked about being sleep deprived from the pressure of completing assignments. For example, Mrs. Ferry said, “I can tell when a student didn’t get enough sleep; it affects his or her attention span and it is almost impossible for them to be mentally present in my class.”

Extracurricular activities add to the pressure and limit time for homework. According to the students interviewed in the movie, the only way to finish homework is by sleeping less.

Because students are still growing, they require eight to nine hours of sleep. Most students receive fewer than six.

Experts in the movie believe that the best solution to give students an adequate amount of sleep is to eliminate unnecessary homework assignments. However, some teachers use a different approach.

“I usually give students several days to complete a homework assignment, that way, it enables them to complete it at his or her own pace,” said religion teacher Mrs. Ferry.

According to *A Race to Nowhere,* studies show that test scores are higher in countries that give less homework.

Besides staying up late, some students resort to cheating in order to finish assignments.

At Charlotte Catholic, students sign an honor pledge on every assignment to confirm that the work is his or her own. But even here some students may feel the pressure to cheat.

The movie *A Race to Nowhere* was a wakeup call for teachers and students. “I liked the movie and I definitely think that all parents should see it,” said Mrs. Ferry.

After having seen the movie “A Race to Nowhere, parents may able to understand the amount of stress and pressure placed on teenagers.